



2024 Renewal Fees are due before 12/31/23 for your membership to remain active.

You can renew online via the Cloud: ochsner.my.site.com/goldenopportunity.

You can also mail (\$20 per person) to the GO office.

Thank You to those who have submitted payment already.

RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with *) available Monday, DECEMBER 11th 8:00am on the CLOUD.**

Mail in registrations will be opened on Monday DECEMBER 11th, 8:00am. There is no pre-registration.

To access the cloud, type the following into your search engine: ochsner.my.site.com/goldenopportunity

***** JANUARY 2 (TUESDAY): ENRICHMENT SESSION – THE TRUTH ABOUT SENIOR LIVING SEMINAR SERIES “THE TRUTH ABOUT GOING FROM WE TO ME”**

Benedict’s Plantation at 1144 N Causeway Blvd. in Mandeville

Personal Transportation

How can you be better prepared for the possibility of being on your own? What are the resources available should and when your situation changes? How to handle things on your own. There will be a question-and-answer session following the presentation.

10:00am

Limit of 36 Attendees

FREE

***** JANUARY 10 (WEDNESDAY): ENRICHMENT SESSION – DO YOU WANT TO LOSE THOSE EXTRA HOLIDAY POUNDS?**

Ochsner 65 Plus Clinic, 1581 N. Highway 190, Covington

Personal Transportation

Speakers: Andrew Burton and Kerbie Guerin members of Ochsner 65 Plus Clinical Pharmacy and Primary Care Team. They will discuss weight loss and possible unknown barriers of shedding those additional holiday pounds. They will also share helpful tips for healthy eating geared to seniors. A question-and-answer session will follow discussion.

10:30am

Limit of 36 Attendees

FREE

***** JANUARY 12 (FRIDAY): SLIDELL - CAFÉ LA TEA DA**

Roots, Plants, and Coffee 124 Erlanger Ave Suite B, in Slidell

Personal Transportation

Come and join us in Olde Towne. Meet us for coffee then come to the Lunch and Learn at Slidell Memorial Founders Building following coffee. You will love this cool coffee shop.

9:00am

Limit of 18 Attendees

ON YOUR OWN

***** JANUARY 12 (FRIDAY): SLIDELL LUNCH AND LEARN – THYROID HEALTH**

SMH Founders Building 1st Floor 1150 Robert Blvd in Slidell

Personal Transportation

Join SMH and Ochsner for an informative presentation about Thyroid health. Please register with Golden Opportunity and SMH (985) 280-2657 Lunch will be provided by SMH.

11:00am

Limit of 20 Attendees

FREE

***** JANUARY 16 (TUESDAY): DINE AROUND – NEW ORLEANS STYLE SEAFOOD RESTAURANT**

1536 N. Hwy 190 in Covington

Personal Transportation

For real New Orleans style cooking, join NSGO for lunch. The menu is bursting with authentic, homemade, New Orleans delicacies; all fresh, boiled, grilled, or fried to perfection. There’s fish, shellfish, and crawfish; poultry, pasta, and meat dishes; fresh daily soups and tasty salads, and Creole specialties like stuffed artichokes, jambalaya, and seafood gumbo. How about a cheeseburger po’boy with roast beef gravy debris? A longtime local favorite right in the neighborhood of 65 Plus.

12:30pm

Limit of 35 Attendees

ON YOUR OWN

***** JANUARY 18 (THURSDAY): ENRICHMENT SESSION - GO BOOK CLUB #8**

Meeting in person and via zoom

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

The NSGO Book Club will hold our meeting to discuss our fourth book, *The Presence Between* by local author Corrine Arrowood. Be prepared to bring your insights and questions to share with the group. All are welcome to join the discussion in a relaxed and open atmosphere. We will meet the writer the next day!

1:00pm

Limit of 36 Attendees

FREE

***** JANUARY 19 (FRIDAY): MONTHLY MEETING - LOCAL AUTHOR CORRINE ARROWOOD SHARES STORIES ABOUT HER WRITINGS AND BEING PUBLISHED**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

NSGO welcomes local author Corrine Arrowood as our guest speaker. Corinne has been writing from an early age. She left the corporate world to take on her love of writing and storytelling as a full-time endeavor and she has loved every minute of it. Born and raised in New Orleans, now living on the North Shore, Corrine has published 10 books, and is currently working on several more. She will enlighten us with stories from her writings, and how the world of book publishing works for possible aspiring writers.

10:30am

Limit of 36 Attendees

FREE

***** JANUARY 30 (TUESDAY): ENRICHMENT SESSION – CARD PLAYING GET TOGETHER (POKENO)**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

As we learn new games, we will be able to finalize days and times for future games. Our game will be Pokeno. More games will be added as we progress. We will have instructors on hand to help us if needed.

1:00pm – 3:00pm

Limit of 36 Attendees

FREE

***** JANUARY 31 (WEDNESDAY): DINE AROUND SUNSET DINNER SERIES AT SANTA FE CATTLE CO.**

2035 Hammond Square Dr. in Hammond

Personal Transportation

Howdy Y'all! Join NSGO at the Santa Fe Cattle Company. They offer southwestern dishes, regional favorites, and homemade recipes in a casual and fun setting. You know that we will have an amazing evening.

5:00pm

Limit 25 Attendees

ON YOUR OWN

****Fees must be received within 7 days of making the reservation to confirm your seat. If not received, another member will fill your seat. Please check availability with the GO office before mailing a check and send separate checks for events.**

RSVP IS REQUIRED FOR ALL EVENTS.

All trips are non-refundable. Every attempt will be made to sell your seat to someone on the waiting list if you need to cancel.
YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL PAYMENT IS RECEIVED.

For Additional Information Contact:

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ochsner.org/go

Ochsner 65 Plus Clinic

Golden Opportunity

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